

# Comparisons of Job Characteristics

**Focus Occupation:** [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

**Associated Occupation:** [Recreational Therapists \(29-1125\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

## Knowledge

Similarity of Focus Occupation to Associated Occupation: 74

**Focus Occupation:** Fitness Trainers and Aerobics Instructors (39-9031)

**Associated Occupation:** Recreational Therapists (29-1125)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Psychology	6.4	21.3	10.6	<<	Extensive education and/or training may be required
Therapy and Counseling	3.8	20.3	6.1	<<	Extensive education and/or training may be required
Education and Training	9.2	15.2	16.3	0	Current knowledge level may be sufficient
Sociology and Anthropology	4.1	13.5	6.6	<<	Extensive education and/or training may be required
Medicine and Dentistry	3.7	10.5	6.0	<<	Extensive education and/or training may be required
Philosophy and Theology	3.2	8.6	2.7	<<	Extensive education and/or training may be required
Fine Arts	2.2	6.0	2.7	<<	Extensive education and/or training may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

## Skills

Similarity of Focus Occupation to Associated Occupation: 87

**Focus Occupation:** Fitness Trainers and Aerobics Instructors (39-9031)

**Associated Occupation:** Recreational Therapists (29-1125)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Active Listening	11.0	14.0	10.7	<<	Extensive development of skills in this area may be required
Service Orientation	7.9	13.5	11.5	<	A higher skill level may be required
Social Perceptiveness	9.1	13.2	10.7	<	A higher skill level may be required
Coordination	9.1	12.5	9.6	<<	Extensive development of skills in this area may be required

Instructing	7.8	10.8	13.1	>	Skill level is likely sufficient
Persuasion	7.4	9.9	7.7	<	A higher skill level may be required
Negotiation	6.8	9.4	5.3	<<	Extensive development of skills in this area may be required

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

Abilities		Similarity of Focus Occupation to Associated Occupation: 54			
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreational Therapists (29-1125)					
Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Originality	7.6	11.0	7.5	<<	Extensive improvement in abilities may be required
Time Sharing	6.6	7.9	6.4	<	Some improvement in abilities may be required
Gross Body Coordination	3.9	7.3	13.2	>>	Current ability level is likely more than sufficient
Stamina	4.0	6.7	13.8	>>	Current ability level is likely more than sufficient
Dynamic Strength	3.5	6.0	12.2	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 70
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreational Therapists (29-1125)		
Work Activities		Exclusivity of Activity
Lead recreational activities		89
Use interpersonal communication techniques		10

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common		Similarity of Focus Occupation to Associated Occupation: 7
Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031) Associated Occupation: Recreational Therapists (29-1125)		

<b>Tools and Technologies</b>	<b>Exclusivity</b>
Audio and visual equipment	4
Computers	1
Content authoring and editing software	1
Data management and query software	1
Industry specific software	1
Information exchange software	1
Network applications software	1
Rehabilitation exercise devices and equipment	24

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O\*NET (Occupation Information Network) data.